

Curriculum Vitae



Personal details:

First name: Adam

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Date of birth: May 8, 1977

Place of birth: Inowrocław, Poland

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Present Position

- Vice Dean of the Faculty of Sport Sciences, University School of Physical Education, Wrocław
- Associate Professor
- Head of Department of Paralympics Sports, Faculty of Sport Sciences

Main Research and Teaching Topics

- electromyographic and mechanomyographic activity of skeletal muscle
- delayed onset muscle soreness
- viscoelastic properties of human skeletal muscles and tendons.

Education:

- September 2014 habilitation titled “An influence of eccentric exercise on skeletal muscle sensory-motor properties“
- September 2006 Ph.D. [Ph D’s thesis: Influence of eccentric exercise on mechanomyographic and electromyographic muscle activity in students and athletes.]
- March 2002 M.Sc. in Physiotherapy [Master’s thesis: Age related changes in muscle mechanomyographic activity during maximal isometric contraction.]
- 1997 – 2002 University School of Physical Education, Faculty of Physiotherapy, Wrocław, Poland

Professional experience

- 1) 2016-current: Associate Professor, Head of Department of Paralympics Sports, Faculty of Sport Sciences, University School of Physical Education in Wrocław, Poland.
- 2) 2014-current: Head of Sport Research Laboratory on the Faculty of Sport Sciences University School of Physical Education in Wrocław, Poland.
- 3) 2014-2016: Associate Professor, Department of Athletes Performance, University School of Physical Education in Wrocław, Poland.
- 4) 2012-2016 member of the Board of the Faculty of Sport Sciences University School of Physical Education in Wrocław and plenipotentiary of the Dean of the Faculty of Sport Sciences for International Collaboration.
- 5) 2006-2010 Assistant Professor, Department of Applied Physiology, University School of Physical Education in Wrocław, Poland.
- 6) 2002 – 2006 Research Assistant, Department of Applied Physiology, University School of Physical Education in Wrocław, Poland.
- 7) During the last year of studies (2001) I was an intern in the Department of Applied Physiology, University School of Physical Education in Wrocław, Poland.

Invited lectures

- 1) Aalborg University in Denmark, April 2016 - a guest lecturer: “Eccentric exercise – research and practical application”
- 2) Warsaw Medical University, Descriptive and Clinical Anatomy Centre of Biostructure Research, January 2017 - a guest lecturer: “Sensomotor properties of skeletal muscles: research and practical application”
- 3) Yangzhou University in China, December 2017 - a visiting professor and a guest lecturer in Physical Education College
- 4) Aalborg University in Denmark, August 2018 - a guest lecturer: “Sensory and viscoelastic properties of skeletal muscle assessed in laboratory and field environments”
- 5) Yangzhou University in China, December 2018 - a visiting professor and a guest lecturer: “Sensory and Viscoelastic properties of skeletal muscle as indicator of peripheral and central fatigue” (keynote lecturer at the conference “2nd China physical exercise and brain science forum”)
- 6) Yangzhou University in China, October 2019 - a visiting professor and a guest lecturer in a series of lectures: “Delayed onset muscle soreness in professional training”; “Sensory-motor properties of skeletal muscle in training”; “Skeletal muscle viscoelastic properties in training (central and peripheral fatigue)”.

- 7) Polytechnic Milano, Italy, May 2020 – online lecture titled “Sensory and viscoelastic properties of skeletal muscle and tendons assessed in laboratory and sport-field environments.

The most important international fellowships that had a great influence on my scientific development

- 1) 2016 at Aalborg University at Sensory Motor Interaction Department as „Guest Resercher” and invited lecturer.
- 2) Fellowship in 2011 at Aalborg University at Sensory Motor Interaction Department as „Guest Resercher”.
- 3) Fellowship in 2004 at Aalborg University at Sensory Motor Interaction Department („Marie Curie” scholarship);
- 4) Socrates fellowship at The German Sport University Cologne on 2003

Grants

- 1) A grant researcher in the research project at the University in Denmark funded by the “Norma og Frode S. Jacobsens Fond” foundation.
- 2) A grant researcher in the research project “Improving the human research potential and the socio-economic knowledge” funded by the European Commission through the „Marie Curie fellowship”. Contract number: HPMTCT-2000-00092.
- 3) A grant researcher in the project funded by „The Danish Rheumatism Association”.
- 4) Head of the grant founded by University School of Physical Education in Wrocław, Poland. Grant titled: “Eccentric exercise of rotator cuff muscles in relation to their morphological changes”. Contract no. PN/BK/2020/01
- 5) A grant researcher in the research project “Geospatial pain, sensory and symptom mapping” carried out in cooperation with Aalborg University in Denmark.
- 6) A research investigator in the research project funded by the grant number 0040/RS3/2015/53 - the Development of Academic Sports entitled: “Effects of plyometric training on muscle stiffness and flexibility and creatine kinase levels in volleyball players.”

Latest publications

Klich, S.; Kisilewicz, A.; Pozarowszczyk, B.; Zaton, M.; **Kawczynski, A.**; Michener, L.A. Shoulder tendon characteristics in disabled swimmers in high functional classes - Preliminary report. *Physical Therapy in Sport* **2019**, *35*, 23-28.

Klich, S.; Pietraszewski, B.; Zago, M.; Galli, M.; Lovecchio, N.; Kawczynski, A. Ultrasonographic and Myotonometric Evaluation of the Shoulder Girdle After an Isokinetic Muscle Fatigue Protocol. *Journal of Sport Rehabilitation* **2019**, 10.1123/jsr.2019-0117, 1-6, doi:10.1123/jsr.2019-0117.

Muracki, J.; Kumorek, M.; Kisilewicz, A.; Pozarowszczyk, B.; Larsen, D.B.; **Kawczynski, A.**; Boudreau, S. Practical Use of the Navigate Pain Application for the Assessment of the Area, Location, and Frequency of the Pain Location in Young Soccer Goalkeepers. *Journal of Human Kinetics* **2019**, *69*, 125-135.

Zago, M.; **Kawczynski, A.**; Klich, S.; Pietraszewski, B.; Galli, M.; Lovecchio, N. Fatigue-Induced Scapular Dyskinesia in Healthy Overhead Athletes. *Frontiers of Bioengineering and Biotechnology* **2020**, *8*, 302.

Giuriato, M.; Nevill, A.; **Kawczynski, A.**; Lovecchio, N. Body size and shape characteristics for Cooper's 12 minutes run test in 11-13 years old Caucasian children: an allometric approach. *J Sports Med Phys Fitness* **2020**, *60*, 417-421.

Kisilewicz, A.; Madeleine, P.; Ignasiak, Z.; Cizek, B.; **Kawczynski, A.**; Larsen, R.G. Eccentric Exercise Reduces Upper Trapezius Muscle Stiffness Assessed by Shear Wave Elastography and Myotonometry. *Frontiers of Bioengineering and Biotechnology* **2020**, *8*, 928.

Klich, S.; Wang, B.; Chen, A.; Yan, J.; **Kawczynski, A.** Preventative Taping in Futsal: An Exploratory Analysis of Low-Dye Taping on Planter Force Distribution and Pain Sensitivity. *Applied Sciences* **2020**, *10*, 540.

Most important conferences

- 1) **Kawczyński Adam**, Muracki Jarosław, Boudreau Shellie. Location and occurrence of joint and musculoskeletal pain in football goalkeepers during a 5-day training camp. 22nd Annual Congress of the European College of Sport Science, 5 - 8 lipiec 2017, Metropolis Ruhr - Germany : book of abstracts / ed. by A. Ferrauti, P. Platen, E. Grimmering-Seidensticker et al. s.360-361
- 2) Klich Sebastian, Zatoń Marek, Michener Lori, **Kawczyński Adam**. Assessment of shoulder tendon characteristics in disabled swimmers - preliminary report. The 2nd All-Poland Scientific Conference entitled Sport and Disabled Individuals – Theory and Practice, 9 June 2017, p.1.
- 3) Madeleine Pascal, Andersen Rasmus E., Mroczek Dariusz, Hansen Ernst A., Samani Afshin, **Kawczyński Adam**. The mechanographic activity of the upper trapezius muscle is heterogeneous in response to eccentric exercise. *Medicine and Science in Sports and Exercise* **2017** : vol.49, nr 5S, s.480-481.

- 4) Klich Sebastian, Kisilewicz Aleksandra, Pożarowszczyk Beata, Michener Lori, **Kawczyński Adam**. Reliability of ultrasound measures of supraspinatus tendon thickness and subacromial space in healthy participants. XXXIII Congress of the Polish Anatomical Society. Katowice 22-24 June 2017 : Abstract book p.61.

Practical use of the knowledge gained in research studies

During my professional career I have been putting physiological knowledge gained into my coaching practice. I used to work as a physiologist in ŚLĄSK WROCLAW basketball team and in the 2007/2008 season we won 3rd place in the Polish Basketball Extra League. In the 2008/2009 season the junior team with me as a physiologist won 2nd place in the Polish Junior Championship in Basketball.

Sport achievements

- The 1st dan in Karate Kyokushin,
- The 3rd place in the Polish Karate Kyokushin Cup in 2018 (masters category)
- The 3rd place in the Polish Karate Kyokushin Cup in 2017 (masters category)
- The 3rd place in the Polish Karate Kyokushin Cup in 2005
- The 3rd place in the Polish Karate Kyokushin Cup in 2003
- The 5th-8th place in the 4th Polish Karate Kyokushin Openweight Cup in 2003
- The 2nd place in the Polish Karate Kyokushin Cup in 2002

Training courses and qualifications

- Strength sport and bodybuilding trainer
- Karate instructor
- Hippotherapy instructor
- Volunteer Water Rescue Services (WOPR) instructor
- Holder of Yachtsman Certificate